

CHRIST'S COLLEGE UPPER HALL MENU



WEEK 1	Monday 2nd October	Tuesday 3 rd October	Wednesday 4 th October	Thursday 5 th October	Friday 6 th October	Saturday 7 th October	Sunday 8 th October
LUNCH UPPER HALL	Courgette And Coriander Soup (Celery)	White Onion, Potato And Thyme Soup (Celery)	Squash And Sage Soup (Celery)	Roasted Root Vegetable Soup (Celery)	Curried Parsnip Soup (Celery – Mustard)	Brunch is served from. 11.00am - 12.30pm FULL ENGLISH BREAKFAST Including Vegan Sausage Lunch Option Pasta Vegetables Green Salad	Brunch is served from. 10.30am - 12.00pm FULL ENGLISH BREAKFAST Including Vegan Sausage Lunch Option Pasta Vegetables Green Salad
	Caribbean Jerk Chicken, Sweetcorn Salsa (Mustard - Celery)	Honey Roast Ham With A Mustard Cream Sauce (Mustard-Milk-Sulphites)	Grilled Salmon Burger, Rocket, Lemon And Garlic Mayo (Gluten - Fish - Egg)	Sausage And Cider Casserole With Glazed Apples And Sage (Sulphites - Gluten)	Battered Fish Breaded Plaice Battered Sausage (Gluten - Crustacean - Fish)		
DINNER UPPER HALL	Courgette and Coriander Soup (Celery)	White Onion, Potato and Thyme Soup (Celery)	Squash and Sage Soup (Celery)	Roasted Root Vegetable Soup (Celery)	Curried Parsnip Soup (Celery – Mustard)	Gunpowder Chicken (Soya-Peanuts-Sulphites)	Tonkatsu Pork With Tangy Slaw (Gluten-Egg-Soy-Mustard-Fish)
	Black Vinegar Braised Pork Belly With Pickled Chillis (Sulphites)	Salmon Souvlaki With Tzatziki & Flat Bread (Fish-Sulphites-Dairy-Gluten)	Club Sandwich (Gluten-Egg-Mustard)	Pork Belly Baguette With South Carolina BBQ Sauce (Celery-Mustard-Gluten)	Coconut & Tamarind Fish Curry (Fish-Mustard)	Roast Pumpkin With Kale & Feta, Miso Dressing (Dairy-Soya)	Pastizzi With Ricotta And Spring Onions (Gluten-Dairy-Egg)
	Sun Dried Tomato & Pickled Jalapeno Quesadilla (Gluten-Sulphites-Dairy)	Shakshuka (Egg)	Bibimbap (Korean Hot Rice Bowl) (Sesame)	Balsamic Onion Tart (Gluten-Egg)	Sun Dried Tomato & Pesto Penne (Gluten-Dairy-Pine Nuts)	Pea & Potato Samosa (Gluten-Mustard)	Cauliflower & Tomato Curry (Mustard)
	Jerk Tofu Skewers (Soya)	Falafel With Lemon Tahini, Pickled Cabbage & Flat Bread (Sesame-Gluten-Sulphites)	Tomato & Aubergine Penne (Gluten-Sulphites)	Vegan Loaded Nachos	Vegan Hot Dog With South Carolina BBQ Sauce (Gluten-Sulphites-Soya-Mustard)	Skin On Fries New Potatoes Onion Rings Sweetcorn	Roast Potatoes Baton Carrots Spring Greens Chips
	Skin On Fries New Potatoes, Sweetcorn Red Slaw (Sulphites)	Cous Cous Cauliflower Peas Savoury Rice	Paprika Roasted New Potatoes Green Beans Sweetcorn And Peppers Roast Courgettes With Lemon	Sweet Potato Fries Spicy Rice Carrots Broccoli	Rice Egg Noodles Green Beans Mixed Vegetable	Desserts of the Day	Desserts of the Day
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CHRIST'S COLLEGE UPPER HALL MENU



Week 2	Monday 9 th October	Tuesday 10 th October	Wednesday 11 th October	Thursday 12 th October	Friday 13 th October	Saturday 14 th October	Sunday 15 th October
LUNCH UPPER HALL	Smoked Cauliflower Soup (Celery) Hunters Chicken (Dairy-Mustard) Spinach & Ricotta Gnocchi (Gluten-Dairy) Vegetable Gratin (Gluten) Roasted Red Pepper & Tomato Pasta (Gluten) A Selection Of Sides And Salads Desserts of the Day	Broccoli and Almond Soup (Celery-Nuts) Fish Pie (Fish-Dairy-Sulphites) Spicy Vegetable Stew With Vegetable Crisps Roasted Vegetable Baguette With Smoked Vegan Cheese & Harissa Dressing (Gluten) Basil & Olive Pasta (Gluten) A Selection Of Sides And Salads Desserts of the Day	Mushroom, Garlic and Rosemary Soup (Celery) Seared Sea Bass With Red Pepper Salsa (Fish-Sulphites) Cheese & Onion Sausage Rolls (Gluten-Dairy) Thai Green Vegetable Curry Parmesan & Bacon Pasta (Dairy-Gluten) A Selection Of Sides And Salads Desserts of the Day	Carrot and Cumin Soup (Celery) Bacon & Cheeseburger With Chilli Jam (Gluten-Dairy) Sweet Potato, Feta & Pine Nut Stuffed Pepper (Dairy-Pine Nuts) Vegan Mince & Vegetable Pasty (Gluten-Soya) Mushroom And Rosemary Pasta (Gluten) A Selection Of Sides And Salads Desserts of the Day	Minted Pea Soup (Celery) Battered Fish Breaded Plaice Battered Sausage (Gluten - Crustacean - Fish) Vegetarian Pies (Allergens To Be Provided On The Day) Battered Vegan Sausage (Gluten - Soya) Beef Ragu Pasta (Gluten-Sulphites) Chips, Garden Peas, Mushy Peas Baked Beans Curry Sauce (Mustard) Tartare Sauce (Egg - Sulphites) Desserts of the Day	Brunch is served from. 11.00am - 12.30pm FULL ENGLISH BREAKFAST Including Vegan Sausage Lunch Option Pasta Vegetables Green Salad	Brunch is served from. 10.30am - 12.00pm FULL ENGLISH BREAKFAST Including Vegan Sausage Lunch Option Pasta Vegetables Green Salad
DINNER UPPER HALL	Smoked Cauliflower Soup (Celery) Cheese & Bacon Burger With Smoked Paprika Ketchup (Dairy-Gluten-Sulphites-Mustard) Vegetable Baked Pancakes (Gluten-Dairy-Egg) Roast Aubergine Puttanesca With Tomato Rice & Vegan Cheese (Sulphites) Chips, Broccoli Carrots Spicy Rice Desserts of the Day	Broccoli and Almond Soup (Celery-Nuts) Chermoula & Tomato Fish Tagine (Fish) Wild Mushroom Risotto Cakes (Dairy-Sulphites) Crispy Tofu with Peanut Sauce & Cabbage Slaw (Soya-Sesame-Nuts) Sweet Potato Fries Savoury Rice Cauliflower Sweetcorn Desserts of the Day	Mushroom, Garlic & Rosemary Soup (Celery) Chicken Fricassee (Sulphites-Dairy) Sweet Potato, Feta & Pine Nut Filo Pie (Dairy-Gluten-Pine Nut) Mushroom & Lentil Ragu With Penne (Gluten) Coriander Rice Peas And Carrots Chips Sag Aloo Desserts of the Day	Carrot and Cumin Soup (Celery) Seared Sea Bass With Red Pepper Salsa (Fish-Sulphites) Roast Onion & Chilli Mac N' Cheese (Gluten-Dairy) Vegan Chow Mein (Sesame-Soya) Herbed New Potatoes Savoury Rice Green Beans Cauliflower Desserts of the Day	Minted Pea Soup (Celery) Braised Pork Belly Pot Au Feu (Celery) Ratatouille & Goats Cheese Galette (Gluten-Dairy) Vegetable Biryani With Pomegranate Dressing (Mustard-Cashew Nuts) Seasoned Wedges Roasted Med Veg Paprika Carrots Peas Desserts of the Day	Lamb Calzone (Gluten-Dairy-Pine Nuts) Butternut Squash & Sage Risotto (Dairy-Sulphites) Vegan Burger With Kimchi Mayonnaise (Soya-Gluten-Sesame-Mustard) Herb Diced Potatoes Green Beans Sautéed Courgettes And Button Mushrooms Mixed Vegetables Desserts of the Day	Beef Bourguignon With Mashed Potatoes (Dairy-Celery-Sulphites) Vegetable Cottage Pie (Dairy) Massa man Tofu Curry With Kimchi (Soya-Sesame) Broccoli Carrots Peas Roasted New Potatoes Desserts of the Day

CHRIST'S COLLEGE UPPER HALL MENU



Week 3	Monday 16 th October	Tuesday 17 th October	Wednesday 18 th October	Thursday 19 th October	Friday 20 th October	Saturday 21 st October	Sunday 22 nd October
LUNCH UPPER HALL	<p>Courgette and Coriander Soup (Celery)</p> <p>Meat Feast Pizza (Gluten-Dairy)</p> <p>Sweet Potato, Feta & Pine Nut Filo Topped Pie (Gluten-Dairy-Pine Nut)</p> <p>Vegetable Bean Chilli With Coconut Yogurt & Nachos (Dairy)</p> <p>Toasted Pine Nut & Pesto Pasta (Gluten-Pine Nuts-Dairy)</p> <p>A Selection Of Sides And Salads</p> <p>Desserts of the Day</p>	<p>White Onion, Potato and Thyme Soup (Celery)</p> <p>Cajun Salmon With Roasted Peppers (Fish)</p> <p>Pesto & Cherry Tomato Pizza (Gluten-Dairy-Pine Nuts)</p> <p>Pea & Courgette Risotto</p> <p>Beef Ragu Pasta (Gluten-Sulphites)</p> <p>A Selection Of Sides And Salads</p> <p>Desserts of the Day</p>	<p>Squash And Sage Soup (Celery)</p> <p>Sticky Honey & Beer Glazed Chicken Burger (Gluten-Sulphites)</p> <p>Vegetarian Hot Dog With Crispy Onions & Curry Mustard (Gluten-Mustard-Egg-Soya)</p> <p>Sweetcorn & Jalapeno Fritters With Spicy Salsa (Gluten-Sulphites)</p> <p>Carbonara Pasta (Gluten-Dairy-Sulphites)</p> <p>A Selection Of Sides And Salads</p> <p>Desserts of the Day</p>	<p>Roasted Root Vegetable Soup (Celery)</p> <p>Pulled Pork Quesadilla (Gluten-Sulphites-Dairy)</p> <p>Miso Roasted Aubergine With Pickled Vegetables (Soya-Sulphites)</p> <p>Warn Vegetable & Smoked Tofu Salad With Sesame Dressing (Soya-Sesame)</p> <p>Tuna & Sweetcorn Pasta (Gluten-Fish-Egg-Mustard)</p> <p>A Selection Of Sides And Salads</p> <p>Desserts of the Day</p>	<p>Curried Parsnip Soup (Celery - Mustard)</p> <p>Battered Fish (Fish-Gluten) Battered Sausage (Gluten)</p> <p>Vegetable Pie (Gluten-Egg)</p> <p>Battered Vegan Sausage (Gluten)</p> <p>Olive & Basil Pasta (Gluten)</p> <p>Chips Garden Peas Mushy Peas Baked Beans Curry Sauce (Mustard) Tartare Sauce (Egg - Sulphites)</p> <p>Desserts of the Day</p>	<p>Brunch is served from. 11.00am - 12.30pm</p> <p>FULL ENGLISH BREAKFAST</p> <p>Including Vegan Sausage</p> <p>Lunch Option Pasta Vegetables Green Salad</p>	<p>Brunch is served from. 10.30am - 12.00pm</p> <p>FULL ENGLISH BREAKFAST</p> <p>Including Vegan Sausage</p> <p>Lunch Option Pasta Vegetables Green Salad</p>
DINNER UPPER HALL	<p>Courgette and Coriander Soup (Celery)</p> <p>Ham & Mushroom Pie (Gluten-Dairy-Mustard)</p> <p>Aubergine & Goats Cheese Pasta (Dairy-Gluten)</p> <p>Vegan Chilli Non Carne</p> <p>Steamed Rice Peas Baton Carrots Potato Wedges</p> <p>Desserts of the Day</p>	<p>White Onion, Potato and Thyme Soup (Celery)</p> <p>Chicken & Prawn Gumbo (Dairy-Celery-Shellfish)</p> <p>Spinach and Sweet Potato Dahl</p> <p>Butternut Squash Pie (Gluten)</p> <p>Broccoli Sweetcorn Sauteed Potatoes Fried Rice</p> <p>Desserts of the Day</p>	<p>Squash and Sage Soup (Celery)</p> <p>Beef Lasagne (Gluten-Dairy)</p> <p>Roast Vegetable Cassoulet (Celery-Gluten-Mustard)</p> <p>Aubergine Teriyaki Bowl (Sesame-Soya)</p> <p>Parmentier Potatoes Jacket Halves Cauliflower With Sauteed Onions Green Beans</p> <p>Desserts of the Day</p>	<p>Roasted Root Vegetable Soup (Celery)</p> <p>Pan Fried Hake With Sesame Gremolata & Chilli Oil (Fish-Sesame)</p> <p>Creamy Mushroom & Leek Gratin (Gluten-Dairy)</p> <p>Sweet Potato & Puy Lentil Linguine (Gluten)</p> <p>Sweet Potato Fries Sauteed Courgettes Corn On The Cob Rice</p> <p>Desserts of the Day</p>	<p>Curried Parsnip Soup (Celery)</p> <p>Pig In Blanket Hot Dog With Crispy Onions & Smokey BBQ Sauce (Gluten-Mustard)</p> <p>Sweet Potato Cake With Poached Egg (Egg-Gluten)</p> <p>Warm Vegetable & Smoked Tofu Salad With Sesame Dressing (Soya-Sesame)</p> <p>Cumin Carrots Broccoli Fries Pilaf Rice</p> <p>Desserts of the Day</p>	<p>Lemon Pepper Chicken With Green Pepper Salsa (Mustard)</p> <p>Roast Carrot & Feta Tart (Dairy-Gluten)</p> <p>Sun Dried Tomato & Olive Paella</p> <p>Green Beans Lime And Coriander Sweetcorn Rice Chips</p> <p>Desserts of the Day</p>	<p>Scampi Taco With Pico De Gallo & Sour Cream (Gluten-Shellfish-Dairy)</p> <p>Mixed Bean & Halloumi Stew (Dairy-Celery)</p> <p>Jackfruit Tacos With Pico De Gallo</p> <p>Roast Potatoes Roast Parsnips And Carrots Savoury Rice Potato Wedges</p> <p>Desserts of the Day</p>

CHRIST'S COLLEGE UPPER HALL MENU



Week 4	Monday 23 rd October	Tuesday 24 th October	Wednesday 25 th October	Thursday 26 th October	Friday 27 th October	Saturday 28 th October	Sunday 29 th October
LUNCH UPPER HALL	<p>Smoked Cauliflower Soup (Celery)</p> <p>Griddled Chicken Breast With Hazelnut & Red Chilli Pesto (Nuts-Sulphites)</p> <p>Sweet Potato Hash With Fried Egg & BBQ Beans (Egg)</p> <p>Szechuan Salt Dusted Cauliflower With Chilli Mayo Dip (Celery-Mustard-Egg)</p> <p>Roasted Red Pepper & Tomato Pasta (Gluten)</p> <p>A Selection Of Sides And Salads</p> <p>Desserts of the Day</p>	<p>Broccoli and Almond Soup (Celery-Nuts)</p> <p>Devilled Whitebait With Lemon Mayonnaise (Fish-Gluten-Mustard-Egg)</p> <p>Cannelloni With Pumpkin, Spinach & Nutmeg Cream Sauce (Gluten-Dairy)</p> <p>Sweet & Sour Plant Based Fillets (Soya)</p> <p>Olive & Basil Pasta (Gluten)</p> <p>A Selection Of Sides And Salads</p> <p>Desserts of the Day</p>	<p>Mushroom, Garlic and Rosemary Soup (Celery)</p> <p>Beef Cobbler (Gluten-Dairy-Egg-Celery)</p> <p>Goats Cheese & Red Onion Pizza (Gluten-Dairy)</p> <p>Moving Mountain Burger With Balsamic Onions (Gluten-Soya)</p> <p>Bacon & Cheese Pasta (Gluten-Dairy)</p> <p>A Selection Of Sides And Salads</p> <p>Desserts of the Day</p>	<p>Carrot and Cumin Soup (Celery)</p> <p>Yogurt & Spice Roasted Salmon (Fish-Dairy)</p> <p>Grilled Halloumi With Garlic & Chilli Roasted Vegetables (Dairy)</p> <p>Roasted Sweet Potato Quesadilla With Beans & Guacamole (Gluten)</p> <p>Mushroom & Rosemary Pasta (Gluten)</p> <p>A Selection Of Sides And Salads</p> <p>Desserts of the Day</p>	<p>Minted Pea Soup (Celery)</p> <p>Battered Fish (Fish-Gluten) Battered Sausage (Gluten)</p> <p>Vegetable Pie (Gluten-Egg)</p> <p>Battered Vegan Sausage (Gluten)</p> <p>Beef Ragu Pasta (Gluten-Sulphites)</p> <p>Chips Garden Peas Mushy Peas Baked Beans Curry Sauce (Mustard) Tartare Sauce (Egg - Sulphites)</p> <p>Desserts of the Day</p>	<p>Brunch is served from. 11.00am - 12.30pm</p> <p>FULL ENGLISH BREAKFAST</p> <p>Including Vegan Sausage</p> <p>Lunch Option</p> <p>Pasta</p> <p>Vegetables</p> <p>Green Salad</p>	<p>Brunch is served from. 10.30am – 12.00pm</p> <p>FULL ENGLISH BREAKFAST</p> <p>Including Vegan Sausage</p> <p>Lunch Option</p> <p>Pasta</p> <p>Vegetables</p> <p>Green Salad</p>
DINNER UPPER HALL	<p>Smoked Cauliflower Soup (Celery)</p> <p>Pork Chop With Cider Cream & Roasted Root Vegetables (Sulphites-Dairy)</p> <p>Roasted Aubergine & Artichoke Pizza (Gluten-Dairy)</p> <p>Vegan Bean Chilli With Coconut Cream & Nachos</p> <p>Skin On Fries Rice Pilaf Carrots Peas</p> <p>Desserts of the Day</p>	<p>Broccoli and Almond Soup (Celery-Nuts)</p> <p>Beef Cobbler (Gluten-Celery-Egg)</p> <p>Spiced Potato Wedges With Bean Chilli, Sour Cream & Spring Onions (Dairy)</p> <p>Lentil Cakes With Dill & Garlic Mayonnaise (Mustard)</p> <p>Roasted Baby Potatoes Turmeric Rice Green Beans Sweetcorn</p> <p>Desserts of the Day</p>	<p>Wild Mushroom, Garlic and Rosemary Soup (Celery)</p> <p>Suffolk Smokies (Fish-Dairy-Gluten)</p> <p>Plant Based Hot Dog With Sauerkraut & Curry Mustard (Mustard-Soya-Gluten)</p> <p>Yaki Udom With Chestnut Mushrooms (Soya-Sulphites-Gluten)</p> <p>Potato Wedges Peas Mixed Salad Broccoli</p> <p>Desserts of the Day</p>	<p>Carrot and Cumin Soup (Celery)</p> <p>Chorizo & Bean Cassoulet (Celery-Dairy-Gluten)</p> <p>Aubergine Parmigiana Steak (Gluten-Dairy-Egg)</p> <p>Vegan Mac N' Cheese (Gluten)</p> <p>New Potatoes Mixed Veg Cauliflower With A Chilli Dressing Balsamic Onion Tart (Gluten-Egg)</p> <p>Desserts of the Day</p>	<p>Minted Pea Soup (Celery)</p> <p>Calamari With Franks Hot Sauce Mayo (Crustacean-Gluten-Egg-Mustard)</p> <p>Sweet Potato Chipotle Stew (Celery)</p> <p>Vegan Meatball Sub With Tomato & Roasted Peppers (Gluten)</p> <p>Sag Aloo Basmati Rice Peas Roasted Med Veg</p> <p>Desserts of the Day</p>	<p>Smoked Bacon & Chicken Pie (Gluten-Dairy)</p> <p>Cheese & Pesto Toasted Sandwich (Gluten-Dairy-Pine Nut)</p> <p>Vegetable Tagine With Herbed Cous Cous (Gluten)</p> <p>Chips Broccoli Mixed Salad Mixed Vegetables</p> <p>Desserts of the Day</p>	<p>Lamb & Guinness Stew With Herb Dumplings (Gluten-Sulphites)</p> <p>Spinach & Paneer Coconut Curry With Poppadom's (Dairy-Mustard)</p> <p>Vegan Crispy Burger With Spicy Salsa (Gluten-Soya)</p> <p>Roast Potatoes Glazed Carrots Cabbage Curly Fries</p> <p>Desserts of the Day</p>